

I CLAIM:

1. A wearable holster, capable of containing at least one heated object, said holster comprising a main back portion, at least one thermally insulated portion, at least one thermally open portion, and a securing means to secure the holster around the waist of the user.
2. A wearable holster according to claim 1, wherein said at least one thermally insulated portion includes a removable lining.
3. A wearable holster according to claim 1, wherein said at least one thermally open portion includes a removable lining.
4. A wearable holster according to claim 2 wherein said at least one thermally open portion includes a removable lining.
5. A wearable holster according to claim 1, wherein said at least one heated object is a stone suitable for use in massage therapy.
6. A wearable holster according to claim 2, wherein said at least one heated object is a stone suitable for use in massage therapy.
7. A wearable holster according to claim 3, wherein said at least one heated object is a stone suitable for use in massage therapy.

8. A wearable holster according to claim 4, wherein said at least one heated object is a stone suitable for use in massage therapy.
9. A wearable holster according to claim 1, wherein said securing means is a belt comprising an adjustment means, capable of adjusting the length of said belt, and a buckle to secure said belt.
10. A wearable holster according to claim 2, wherein said securing means is a belt comprising an adjustment means, capable of adjusting the length of said belt, and a buckle to secure said belt.
11. A wearable holster according to claim 3, wherein said securing means is a belt comprising an adjustment means, capable of adjusting the length of said belt, and a buckle to secure said belt.
12. A wearable holster according to claim 5, wherein said securing means is a belt comprising an adjustment means, capable of adjusting the length of said belt, and a buckle to secure said belt.
13. A wearable holster according to claim 1, wherein said wearable holster further comprising a storage portion capable of storing a receptacle containing liquids used for massage therapy, said receptacle being a suitable size to administer the contained fluid using a single hand.
14. A wearable holster according to claim 2, wherein said wearable holster further comprising a storage portion capable of storing a receptacle containing liquids

used for massage therapy, said receptacle being a suitable size to administer the contained fluid using a single hand.

15. A wearable holster according to claim 3, wherein said wearable holster further comprising a storage portion capable of storing a receptacle containing liquids used for massage therapy, said receptacle being a suitable size to administer the contained fluid using a single hand.
16. A wearable holster according to claim 5, wherein said wearable holster further comprising a storage portion capable of storing a receptacle containing liquids used for massage therapy, said receptacle being a suitable size to administer the contained fluid using a single hand.
17. A wearable holster according to claim 9, wherein said wearable holster further comprising a storage portion capable of storing a receptacle containing liquids used for massage therapy, said receptacle being a suitable size to administer the contained fluid using a single hand.
18. A method of controlling and maintaining temperature of heated stones for use in massage therapy, wherein said stones are stored in a wearable holster according to claim 1, and wherein said stones are held in the at least one thermally open portion should a lower temperature be preferred and held in the at least one thermally insulated portion should current temperature maintenance be desired.
19. A method of controlling and maintaining temperature of heated stones for use in massage therapy, wherein said stones are stored in a wearable holster

according to claim 2, and wherein said stones are held in the at least one thermally open portion should a lower temperature be preferred and held in the at least one thermally insulated portion should current temperature maintenance be desired.

20. A method of controlling and maintaining temperature of heated stones for use in massage therapy, wherein said stones are stored in a wearable holster according to claim 5, and wherein said stones are held in the at least one thermally open portion should a lower temperature be preferred and held in the at least one thermally insulated portion should current temperature maintenance be desired.